

(Breakthrough, August 1983)

PERSONAL TESTIMONIAL ON THE EMERGENCY TREATMENT SERIES

by Gari Carter

On February 27, 1982, my 11 year old son and I were hit headlong in our lane by another automobile. My son was uninjured but my face was crushed by the steering wheel and my legs by the engine of my car. My son realized I was not breathing and used his Boy Scout training to revive me long before any people arrived at the scene. I have had surgery twice since then, both times with painful and lengthy recuperations. Each time I have re-entered the hospital, I have tried to keep my spirits up despite the knowledge that I will look worse after the surgery than before for awhile. It is very difficult to have been stared at all one's life due to being pretty and now to be stared at due to scars and ugliness. Psychologically it was difficult for me due to my going through a divorce and not being able to go into my clothing shop which I own and used to run due to my appearance. At first I felt guilty for inflicting my deformities on others but my plastic surgeon and clinical psychologist at UVA Hospital kept saying to go show myself in public. I gradually was able to do this with each surgery but the same fear of scaring people by my new appearance had returned despite my attempts to be cheerful and hopeful. I've faced fears of pain and appearance changing each time.

On November 17, 1982, I entered UVA Hospital for the third surgery to try to restore my face. This time I had the Monroe Institute tapes for surgery to use. A friend had told me of them and urged me to try them with this surgery. I felt skeptical and asked about them only because I knew she would ask me again if I'd pursued the matter. However, it all worked out very easily and I had no choice to resist before they were in my hands to use. My doubts were due to the memory of my former pain. I listened to the *PRE-OP* tape the week prior to surgery whenever possible and found that it relaxed me though I was frantically trying to get many errands done while I was still mobile. The morning of surgery I felt much calmer than usual despite being delayed by several hours going into the operating room. I had told the nurses and doctors that I wanted to experiment with the tapes and compare results with my previous surgeries. They were all interested and said they would observe me the day of surgery. The student nurse assigned to me the day of surgery and her supervisors were fascinated. The student was assigned to give a talk on the tapes that afternoon with her observations. They were very impressed that my blood pressure and temperature lowered before surgery after using the tapes before any medication was given. I was unaware of this until they started exclaiming over this. I used a Sony Walkman while I was in the hospital. I used the *INTRA-OP* tape while being wheeled to the operating room and then the student nurse returned the recorder to my room since surgery included removing a rib to use as framing for my nose. My nose had to be refractured and the bones had to be reset in the orbits around my eyes. In the operating room I had a lengthy conversation with the surgeon as to what shape I wanted for my nose etc.

Normally by then I would have been queasy in the stomach and shaking uncontrollably but I was happy and calm even as the anesthesiologist started putting the tubes down my throat which is my last memory. The surgery lasted 4 hours due to the complexity of the refracturing and repair of my sinuses.

I was given my tapes as soon as I returned to my room. I then used the *RECOVERY* and *RECUPERATION* tapes. After surgery I never needed or requested pain medication, when in prior surgeries I had been clamoring for codeine every three hours. There was a minimal amount of swelling, no black eyes or bruising and only a slight feeling of tiredness. The morning after the surgery I was able to have the IVs out and walk around and eat normally. Before with surgery, this had taken me much longer and was very depressing. Whenever I felt a suggestion of pain, I listened to the *RECUPERATION* tape or used the simple exercise and removed the pain. My entire recovery was so much faster and such a happy experience. I feel so lucky to have had the chance to use the Monroe tapes and would like to be able to pass the gift to others of no fear and no pain, just pleasure, gratitude and joy which I shall never forget.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 1983 The Monroe Institute